



SPORTS • FITNESS • FRIENDS

MARCH-PUMP IT UP ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30(Zoom) Strength-Stamina Stretch 4:30-5:30pm	3 Cardio Rhythmic Step 8:00-8:45am Strength Stamina Stretch 11:30-12:30 (Zoom)	4 Zumba Gold-Toning 8:00-8:45am No S S S Today	5 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	6 Sweaty Secret 8:00-8:45
9 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	10 Cardio Rhythmic Step 8:00-8:45am	11 Zumba Gold-Toning 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength Stamina-Stretch 4:30-5:30pm	12 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	13 Sweaty Secret 8:00-8:45am
16 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	17 Cardio Rhythmic Step 8:00-8:45am	18 Zumba Gold-Toning 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength Stamina-Stretch 4:30-5:30pm	19 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	20 Sweaty Secret 8:00-8:45am
23 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	24 Cardio Rhythmic Step 8:00-8:45am	25 Zumba Gold Toning 8:00-8:45am Strength-Stamina-Stretch 11:30-12:30 (Zoom) Strength-Stamina-Stretch 4:30-5:30pm	26 Cardio Rhythmic Step 8:00-8:45am Yoga 5:30-6:30pm \$	27 Sweaty Secret 8:00-8:45am
30 Cardio Dance 8:00-8:45am Strength-Stamina-Stretch 11:30-12:00(Zoom) Strength-Stamina-Stretch 4:30-5:30pm	31 Cardio Rhythmic Step 8:00-8:45am			
Check Facebook Page Barre with Beth for class on Tuesdays.	See other side for special Saturday March 7th class.		Zoom Number 603-851-2617 Code 7lw1z	Riverside Hours: Mon.-Thurs. 6am-8pm Friday 6am-5pm Saturday 7am-Noon

MARCH-TURF and POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	3 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	4 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	5 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	6 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
9 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	10 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	11 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	12 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	13 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
16 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	17 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	18 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	19 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	20 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
23 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	24 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	25 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am Hydro-Fit 5:45-6:45pm	26 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am	27 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am
30 Silver Sneakers Classic 9:00-9:45am Water Arthritis 10:00-11:00am	31 Water Exercise 8:00-9:00am Silver Sneakers Circuit 9:00-9:45am			
	<u>Special Class Offered</u> <u>March 7th</u> <u>8:30-9:45</u> <u>MASH IT UP ON THE</u> <u>TURF WITH MELISSA!</u> <u>Combo Class</u>			